



**Recept geschikt voor:** 4 personen | **Moeilijkheid:** 🍳  
**Vorbereidingstijd:** 1 min | **Bereidingstijd:** 14 min | **Totale bereiding:** 15 min

**Bertyn producten:** [Instant Protein Veganmix](#) - 3x 90g [Seitanburger](#)

Bron: [bertyn.eu](http://bertyn.eu) | Chef: [Serge Restiau](#) | © Serge Restiau

# Epic stir fried wok vegetables with vegan seitan nuggets

## Ingrediënten

- [1 sachet Instant Protein Vegan Mix](#) - [3 x 90g Seitan Burgers from Bertyn](#) (150 g)
- 120 - 150 ml water (or another liquid)
- 1 tbsp freshly grated ginger
- 1 tbsp freshly grated garlic

- 1 tbsp curcuma
- 1 tbsp fresh coriander
- Extra virgin coconut oil or DeLuxe MCT duo power with Extra virgin coconut oil  
(Amanprana)
- Handful of broccoli florets (not too big)
- Handful of mushrooms
- 1 onion
- 1 bell pepper
- 1 carrot
- ½ leek
- Dash of soy sauce

## Bereiding

1. Put the contents of the sachet in a bowl and add the herbs, fresh ginger and garlic.
2. Mix well and add 120 to 150 ml water (or another liquid).
3. Knead the mixture until you have a round shape (the less you knead, the less chewy the seitan nuggets will become).
4. Chop the sweet pepper, carrot and leek Julienne style (The matchstick slices are 1 to 2 mm thick and 4 to 5 mm long).
5. Chop the onion into thin slices and slice the mushrooms.
6. Heat the oil in a wok pan, and fry chunks of seitan in extra virgin coconut oil (or even better in the MCT Deluxe version).
7. Add the broccoli florets, followed by mushrooms and the rest of the vegetables.
8. When the vegetables are al dente, add a little soy sauce.

Bon appétit!